

Sweet Potatoes, Menu Planning, Drinking Water, and Grains/Breads

What do these have in common?

They are the first four *Mealttime Memos for Child Care* for 2008 from the National Food Service Management Institute (NFSMI). They are available in English and Spanish.

- No. 1 Cooking with Fresh Vegetables: Focus on Sweet Potatoes
- No. 2 Creative Menu Planning
- No. 3 Drinking Water for Good Health
- No. 4 Teaching Children about the Food Groups: Grains/Breads

Visit the website at

[http://www.nfsmi.org/Information/Newsletters/Mealttime\\_memo\\_index.html](http://www.nfsmi.org/Information/Newsletters/Mealttime_memo_index.html) for your copies. Most of the *Memos* include recipes and menu ideas.